



25th ANNUAL 5K Road Race & 5K Relay State Championship REGISTRATION FORM

Five person relay team – Each member runs 1km – Male, Female &

Co-ed teams (co-ed 3 & 2 males or females)

Saturday, June 25, 2022 7:30AM Start

Race day registration begins @ 6:30AM

Location: Southside of Purcell Lake at the pavilion

Individual Fee: \$25 w/ tshirt to first 100 runners to sign up

Relay Fee: \$50 per five person team (non-corporate); (registration on back)

Mail Registration to:

Heart of Oklahoma Lake Run, C/O Dr. Schmidt - PO Box 1560 – Purcell, OK 73080

Make Check payable to Purcell Public School Foundation

Individual Registration Form

Name: _____ Age on race day: _____ DOB: _____ Sex: _____

Address _____ City _____ State _____ Zip _____

Phone _____ Shirt size S M L XL XXL (first 100 to sign up)

Waiver: I know that running a road race is potentially hazardous activity. I should not enter if I am not medically able and properly trained. I assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. I agree not to go back onto the course after finishing. I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. The undersigned also grants permission to sponsors to use any photos, videos, etc. For any purpose.

Signed _____ (waiver must be signed to participate)

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